

# *SCITUATE RECREATION*

*~CATCH THE SCITUATE SPIRIT~*

**Fall Program 2015**



**On-Line Registration**

**[www.scituatema.gov/recreation-department](http://www.scituatema.gov/recreation-department)**

Scituate Recreation Department  
Town Hall  
600 Chief Justice Cushing Highway  
Scituate, MA 02066

Non-Profit Org.  
U.S. Postage  
PAID  
Scituate, MA  
Permit No. 56

**RESIDENTIAL CUSTOMER  
SCITUATE, MASSACHUSETTS**

**TOWN OF SCITUATE RECREATION DEPARTMENT**

**‘Like Us on Facebook’**



**MAIL:** 600 Chief Justice Cushing Hwy.

Scituate, MA 02066

**OFFICE:** Scituate High School  
(NEXT TO TENNIS COURTS)

**Monday-Thursday,** 8:30 a.m. to 4:30 p.m.

**Friday,** 8:30 a.m. to 11:45 a.m.  
781-545-8738 (Phone)  
781-545-6990 (Fax)

**RECREATION STAFF:**

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Co-Director  
Maura Glancy, Recreation Co-Director  
Shawna Burkhardt, Registrar  
Paul Sharry, Recreation Clerk & Field Coordinator

**RECREATION COMMISSION:**

Christopher Roberts, Chairman  
Allen Kazlousky, Jennifer McMellen, Stephen  
Svensen, David Smith  
**Associate Members:** Robert McCarry  
**Selectmen Liaison:** Shawn Harris

**POLICIES AND PROCEDURES**

- **FALL PROGRAM REGISTRATION WILL OPEN TUESDAY, SEPTEMBER 22, 2015 AT 7:00 PM AT WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT**
- **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.**
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration from 7:00 p.m. to 8:00 p.m.; however, there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.
- 1) Mail-in registration for residents will be accepted **starting SEPTEMBER 23, 2015** Check or money order should be made payable to Town of Scituate. Include a registration form with your check.
- 2) **When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan.
- 3) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
- 4) **REFUND POLICY: If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus \$15 processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.**
- 5) All fees are payable in advance to Town of Scituate. A person is registered only when they have registered online or a check or cash and a registration form is received in the Recreation Office.
- 6) No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.
- 7) **Need financial assistance...Just ask!**
- 8) Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
- 9) **Registration for non-residents will begin SEPTEMBER 29, 2015 at 9:00 AM.** Non -residents may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.
- 10) The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage.

***FOR MORE DETAILED CLASS DESCRIPTIONS PLEASE VISIT***  
***<https://apm.activecommunities.com/scituaterec/Home>***

# ***TABLES OF CONTENTS***

## **PAGE 4**

All Stars Karate  
All Stars Running  
Little People

## **PAGE 5**

Olympic Fencing  
Olympic Archery  
Volleyball Clinic  
Wrestling Clinic  
Flag Football  
Basketball Clinic  
Fall Open Gym

## **PAGE 6**

Beginner's Tumbling w/ Miss Tracey  
On our Toes w/ Miss Tracey  
Guitar Workshops  
Kraftime Spooktacular Halloween Workshop  
Kraftime Ho, Ho Holiday Workshop  
Babysitting Course

## **PAGE 7**

Pan Gai Noon Kung Fu/Karate + Tai Chi Programs  
Zumba  
Adult Tennis

## **PAGE 8**

Exercise Ball Class  
Scituate Stationary Cycling Classes  
Boot Camp Fitness Class

## **PAGE 9**

Adult Yoga  
Gentle Power Yoga  
Pilates  
Restore the Core  
Adult Golf

## **PAGE 10**

Men's 35+ Basketball  
Safety Programs (CPR, Boating, First Aid, Concussion Testing)

## **CORSE PROGRAMS**

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. For all CORSE-sponsored programs through Scituate Recreation: Each program has a 3:1 (student to staff) ratio, unless otherwise designated. This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations

**ALL STARS JIU JITSU: Scituate Recreation's Multi-Purpose Room.** Our popular program has now expanded into Jiu Jitsu, which is a more encompassing martial arts program than karate. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. There will also be incorporation of the nationally renowned Gracie Academy Jiu Jitsu Bullyproof curriculum in which the instructor is certified. Students who would enjoy a less formal martial arts curriculum are encouraged to attend. Program is open to children in grades 1-8. **Instructor: Dan Reynolds. 8 weeks**  
**(No Class 11/27/15)**

**(1670): Fridays: October 16 – December 11, 2015 from 5:30 pm to 6:30 pm Fee: \$90**



**ALL STARS NAUTICAL MILE: Gates School Track and Field.** Our Very popular Nautical Mile program is back for the Fall, designed for ALL abilities to help improve your fitness level. Workouts will include a variety of training approaches from running intervals, aerobic exercise, stretching and core strengthening- customized to multiple ability levels-through a variety of fun exercises, games and teamwork activities. This program is designed as a non-competitive physical and social recreational activity for students who would enjoy a fun experience while building skills.

**Instructor: Brian Stewart (No Class 10/11/15)**

**Fee: \$70**

**6 weeks (1661): Sundays: September 27– November 8, 2015 from 3:00 pm to 4:00 pm**



## **PRE-SCHOOL PROGRAM**

**LITTLE PEOPLE: Little People Room at Scituate Recreation.** The Little People Program has been offered for over twenty years as an opportunity for friendships to evolve as two and three year old children, along with a parent or caregiver, share in music, dance, arts and crafts, and unstructured play. Younger siblings Are welcome!



**Instructors: Jennifer O'Leary, Kelly Arevian, Kelly Lee. 10 Weeks.**

**Fee: \$110 per code**



**MONDAY LITTLE PEOPLE: (No Class 10/12/15)**

**(1671): September 28-December 7 from 9:15 am to 10:30 am**

**(1672): September 28-December 7 from 10:45am to 12:00pm**

**TUESDAY LITTLE PEOPLE:**

**(1673): September 29 - December 1, 2015 from 9:15 am to 10:30 am**

**(1674): September 29 - December 1, 2015 from 10:45 am to 12:00 pm**

**THURSDAY LITTLE PEOPLE: (No Class 11/26/15)**

**(1675): October 1 - December 10, 2015 from 9:15 am to 10:30 am**

**(1676): October 1 - December 10, 2015 from 10:45 am to 12:00 pm**

## **CHILDREN & TEEN SPORTS PROGRAMS**



**OLYMPIC FENCING:** Scituate Recreation's Multi-Purpose Room. These courses are offered to boys and girls, **ages 8 and up**. This course is for any person who wants to learn, practice, and improve all aspects of the sport. **Instructor: Jim Mullarkey. 10 weeks. (No Class 11/26/15)**

**Thursdays: October 1 – December 10, 2015      Fee: \$120 per code**  
**(1677) Beginner: 6:00 pm to 7:00 pm (1678) More Advanced: 7:00 pm to 8:00 pm**

**OLYMPIC ARCHERY:** Scituate Recreation's Multi-Purpose Room. Learn Olympic Archery through fun, safe and nationally recognized program. **Instructor: David McCarthy** and his staff are USAA certified instructors. **6 weeks. Ages 8-15 years old.**

**(1726): Fridays: October 16 – November 20, 2015 from 3:30pm to 4:30pm      Fee: \$110**

**CO-ED VOLLEYBALL CLINIC (Grades 7 & 8):** Gates Middle School Gym. Scituate High School is adding a volleyball team! Learn the game now and be ready to compete in high school! Beginner and experienced players are welcome. Players will learn and develop basic volleyball skills and techniques, as well as the rules of the game. Volleyball teaches teamwork and communication. Be ready to learn, work hard and have fun. Sneakers and knee pads are required. If you have volleyball, please bring it! **NO EXPERIENCE NECESSARY.**

**Coach: Patty Thompson. 6 weeks (No class (10/9/15))**

**(1680): Fridays: September 25 through November 6, 2015 from 2:30 pm to 3:30 pm      Fee: \$55**



**WRESTLING CLINIC:** Scituate High School Small Gym. Wrestling: A fun and safe way to fulfill one's drive and become skilled at the sport of champions. Wrestlers in both sessions will be separated according to size and ability. **Coach: Brian Robinson. 6 weeks.**



**Wednesdays: September 30– November 4, 2015**

**(1681): Grades 1 – 5 from 6:30 pm to 7:15 pm**

**(1682): Grades 6 – 8 from 7:15 pm to 8:15 pm**

**Fee: \$40 per code**

**10-14 YEAR OLD FLAG FOOTBALL:** Scituate High School Turf Field. Flag football is a great introduction to the sport of football. Learn basic football skills and rules in a fun, non-tackle environment. Players will meet for 15 minutes of football drills followed by a 45-minute game. Two teams of ten players will be formed and the game will consist of 8-on-8 play. Open to boys and girls (NO cleats, please) **Ages 10 to 14. Instructor/Coach: Robert Paganetti. 6 meetings**

**(1724) Saturday & Sunday from 8:00am to 9:00am on the following dates.**

**9/26, 9/27, 10/3, 10/4, 10/10, 10/11/15 (Rain Dates 10/17, 10/18)**



**Fee: \$45**

**CO-ED BASKETBALL SHOOTING CLINIC:** Scituate High School Large Gym. **Grades 4th through 12th graders** This 5-week program is designed to instill and to create the shooter's mentality, proper technique and follow through.

**Coaches: Matt Poirier and the entire Scituate High School Boys Basketball Staff. 6 weeks**

**(1666): Wednesdays: September 30– November 4, 2015 from 6:30 pm to 7:30 pm**

**Fee: \$40**



**FALL OPEN GYM:** Scituate High School Large Gym. The goal of the open gym is to give middle school and high school kids a chance to play full-court pick-up basketball using the beautiful facilities of Scituate High School. **Varsity Assistant/JV Head Coach David Jordan** will direct the basketball being played. **6 weeks. Grades 7-12**

**(1667): Wednesdays: September 30 – November 4, 2015 7:30 pm to 8:30 pm**

**Fee: \$40**



## **KUNG FU, MUSIC, ART, DRAMA, & DANCE PROGRAMS for KIDS**

**BEGINNERS TUMBLING W/ MISS TRACEY:** Scituate Recreation's Multi-Purpose Room. This is an 8 week tumbling program! Kids will learn basic stretching, drills, mat tumbling, somersaults, back rolls, cartwheels, and bridges. Props included are hula hoops, bean bags, and streamers! **Instructor: Tracey O'Brien**, certified by Test to Teach. She is a member of DMA and DTCB. **Ages 4 to 6 (No Class 10/10/15)**  
**(1662): Saturdays: September 26 – November 21, 2015 from 9:30 am to 10:30 am Fee: \$90**



**ON YOUR TOES W/ MISS TRACEY:** Scituate Recreation's Multi-Purpose Room. These are 8 week dance programs. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color, *no tap shoes for 2 year olds*. **Instructor: Tracey O'Brien**, certified by Test to Teach. She is a member of DMA and DTCB. **(No Class 10/10/15)**



**Saturdays: September 26 – November 21, 2015**  
**(1663): Age: 2 10:30 am to 11:00 am Fee: \$50**  
**(1664): Ages: 3-5 11:00 am to 12:00 pm Fee: \$90**

**GUITAR LESSONS FOR KIDS W/ MATT BROWNE:** Little People Room at Scituate Recreation. A one-hour weekly program that features a complete and comprehensive study of guitar fundamentals. All students require a guitar: electric (with working amp) or acoustic and guitar picks. **Fee: \$95**  
**Instructor: Matt Browne. 8 weeks.**  
**(1665): Tuesdays: September 29 – November 17, 2015 from 4:30 pm to 5:30 pm**



**KRAFTIME 'SPOOKTACULAR' HALLOWEEN WORKSHOP:** Little People Room at Scituate Recreation. Halloween is more than just candy! It is a time to be imaginative and creative too! Join us for 2 fun-filled afternoon workshops where we will create 'spooktacular' Halloween inspired crafts that will not only be fun for your child to design but also, are likely to awaken the inner 'goul' in them! All materials included. Grades K-6.  
**Instructor: Cheryl Bowen-Ditommaso.**

**(1683): Monday October 19 & Wednesday October 21, 2015 from 4:00 pm to 5:30 pm Fee: \$45**



**KRAFTIME HO, HO HOLIDAY WORKSHOP:** Little People Room at Scituate Recreation. Santa Claus, twinkle lights and Christmas cookies are all signs of the holiday season. Homemade gifts, crafts and decorations are always cherished, especially when created by children. This festive, 2 day workshop will give your child the opportunity to celebrate the season and be merry, as we create holiday gift items and decor. All materials included. Grades K-6. **Instructor: Cheryl Bowen-Ditommaso.**

**(1684): Monday December 7 & Wednesday December 9, 2015 from 4:00 to 5:30 pm Fee: \$45**



**BABYSITTING COURSE:** Scituate Recreation Multi-Purpose Room. This three-hour course is designed to assist 5th-8th graders in being better babysitters and knowing the do's & don'ts of being home alone. The course will cover information on child development, basic first aid, changing diapers, feeding children, staying home alone safety & the overall responsibilities of babysitting. **Instructor: Melissa Thompson, RN**  
**(1723): Friday October 9, 2015 from 9:00am-12:00pm Fee: \$25**



**NOTE OF THANKS:** The Scituate Recreation Department would like to thank Kathy B for her many years of service, producing all her successful performances. We wish her the best of luck in her future endeavors.







## **Pan Gai Noon (Half Hard Half Soft)**

### **KUNG FU + TAI CHI**



**The Pan Gai Noon School has been in Scituate for 30 years! Under the direction of Sifu Cole Hawkins.**

#### **EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE): Multi-Purpose Room**

Classical Kung Fu and Karate for the adult and teen (14 and up) to build strength, stamina and energy. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Uechi Ryu Karate and Box Si Lum and Praying Mantis Kung Fu are combined with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome! **10 weeks. (No Class 11/11/15)**

**(1685): Wednesdays: October 7– December 16, 2015 from 6:00 pm - 7:30 pm**

**Fee: \$130**

#### **TAI CHI – INTERNAL ARTS: Multi-Purpose Room**

This class is recommended for the man or woman looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called Chi Kung (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. These soft and gentle movements are practiced by millions of people around the world in parks and places of peace. Tai Chi is beneficial for your mind, body, and spirit.

**10 weeks. (1686): Tuesdays: October 6 – December 8, 2015 from 6:00 pm - 7:30 pm**

**Fee: \$160**

#### **CHILDRENS KUNG FU 6-9 YEAR OLDS I: Multi-Purpose Room**

For the beginning student, this is a fun, structured introduction to the formal training of Kung Fu/Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. **10 weeks (No Class 10/12/15)**

**(1687): Mondays: October 5 – December 14, 2015 from 4:50 pm - 5:50 pm**

**Fee: \$94**

#### **CHILDRENS KUNG FU 6-9 YEAR OLDS II: Multi-Purpose Room**

Boys and girls will learn how to defend themselves and build their confidence with respect to others. Whether you're a new student or taking a repeat class they will have fun with our Kung Fu/Karate practices and fun games!

**Instructor: Cole Hawkins. 10 weeks.**

**(1688): Tuesdays: October 6 - December 8, 2015 from 4:50 pm - 5:50 pm**

**Fee: \$94**

#### **JUNIORS KUNG FU 10-13 YEAR OLDS: Multi-Purpose Room**

Mixed martial arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating sparring, grappling, MMA techniques, obstacle courses, & fun games. **Instructor: Cole Hawkins 10 weeks. (No Class 11/11/15)**

**(1689): Wednesdays: October 7– December 16, 2015 from 4:50 pm – 5:50 pm**

**Fee: \$94**

## **ADULT FITNESS, SAFETY & SPORTS PROGRAMS**

*ALL LEVELS OF FITNESS AND ABILITY ARE WELCOME!*

#### **ZUMBA: Monday: Scituate Recreation's Multi-Purpose Room/Wednesday: Recreation's Multi-Purpose Room**



The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. **Instructor: Sandy Guyette. 9 weeks. Fee: \$60 per code**

**(1691): In the MPR, Mondays: October 19 - December 14, 2015 from 6:15 pm to 7:30 pm**

**(1692): In the MPR, Wednesdays: October 7- December 2, 2015 from 10:00am-11:00am**

**ADULT TENNIS: Scituate Racquet and Fitness Club.** During this tennis session you will learn forehand and backhand ground strokes and volleys. You will learn how to serve, positioning for singles and doubles play. **8 weeks**

**(1693): Fridays: October 16– December 11, 2015 from 12:00 pm - 1:00 pm (No Class 11/27/15)**

**Fee: \$105**



**EXERCISE BALL WORKOUT WITH WEIGHTS:** **Scituate Recreation's Multi-Purpose Room.** Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout.



**Instructor: Sarah Lannon. 9 weeks. (No Class 11/1/15, 11/5/15, 11/8/15, 11/26/15)**

**(1621): Thursdays: September 10- October 8, 2015 from 8:45am-9:45am (5 weeks)**

**Fee: \$33**

**(1694): Thursdays: October 15 – December 24, 2015 from 8:45 am - 9:45 am**

**Fee: \$55 per code**

**(1695): Sundays: October 11 – December 20, 2015 from 8:00 am - 9:00 am**

## **PAN GAI NOON: ADULT KUNG FU (KARATE) AND TAI CHI PROGRAMS**

**Please see Pan Gai Noon on page 7 for more information!**



## **SCITUATE STATIONARY CYCLING**

Scituate Recreation's Multi-Purpose Room at Scituate High School.

**Get in shape the FAST and AFFORDABLE way!** Our cycling program offers the best, certified instructors on state of the art Schwinn cycles accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. We have the best prices in town! (*We DO meet holidays and vacation week*)

**Instructors: Maggie Cadigan, Sarah Lannon**



**CRANK OF DAWN (10 weeks) Fee: \$85 per code**

**(1696) Monday 10/12-12/14/15, 5:45 am to 6:45 am: Maggie**

**(1697) Tuesday 10/13-12/15/15, 5:45 am to 6:45 am: Maggie**



**SPIN (10 weeks) Fee: \$85**

**(1698) Wednesdays 10/14-12/16/15, 9:15 am to 10:15 am: Maggie**

**SCITUATE CYCLESTRONG (10 weeks) Fee: \$85**

**(1699) Fridays 10/16-12/18/15, 9:15 am to 10:30 am: Maggie**

**THE ULTIMATE MIX OF CYCLE AND BALL CLASS (10 Weeks) (No Class 11/9/15) Fee: \$85**

**(1700) Monday 10/12-12/21/15, 9:00 am to 10:00 am: Sarah**

**BEGINNER CYCLE CLASS (10 Weeks) (No Class 11/9/15) Fee: \$65**

**(1701) Monday 10/12-12/21/15, 5:30 pm to 6:15 pm: Sarah**

**INTERVAL CYCLING (10 Weeks) (No Class 11/4/, 11/9/15) Fee: \$85 per code**

**(1703) Monday 10/12-12/21/15, 6:30 pm to 7:30 pm: Sarah**

**(1704) Wednesday 10/14-12/23/15, 6:30 pm to 7:30 pm: Sarah**

**THE ZONE (10 weeks) Fee: \$85**

**(1705) Saturday 10/17-12/19/15, 7:30 am to 8:30 am: Alternates**

**BOOT CAMP FITNESS CLASS: All levels of fitness welcome! Scituate High School Track.** Cardio and muscular conditioning drills and outdoor fitness games. Medicine balls, jump ropes, lunges, squat thrusts, bleachers and hills are all utilized for interval training. Learn how exercise can be FUN in this total body workout! We meet rain or shine - bring your water! **Instructors: Jen Rooney and Suzy Murray. 10 weeks.**

**(1706): Mondays:**

**10/5-12/7/15 6:00 am – 7:00 am**

**(1707): Wednesdays:**

**10/7-12/9/15 6:00 am – 7:00 am**



**Fee: \$60 per code**

**(1708): Fridays:**

**10/9-12/11/15 9:00 am – 10:00 am**

**(1709): Saturdays:**

**10/10-12/12/15 7:30 am – 8:30 am**



**ADULT YOGA: St. Luke's.** Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. Bring your yoga mat. **Instructor: Gita Brown, MM, MT-BC, see [gitabrown.com](http://gitabrown.com) for more information about your teacher. 8 Weeks. (No Class 11/26/15)**

**(1710): Thursdays: October 22 – December 17, 2015 from 9:00 am - 10:00 am**

**Fee: \$65**



**GENTLE POWER YOGA: St. Luke's (Tuesdays)/ Maritime Center (Thursdays).** This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration.

**Instructor: Leslie Payne, CYT. 8 weeks. (No class 11/26/15)**

**(1610): Thursdays: September 3-October 1, 2015 from 7:00pm-8:00pm (5 weeks) Fee: \$43**

**(1711): Tuesday mornings: October 20 – December 8, 2015 from 8:15 am - 9:15 am Fee: \$65**

**(1712): Thursday evenings: October 15 – December 10, 2015 from 7:00 pm - 8:00 pm Fee: \$65**

**PILATES: St. Luke's.** Pilates uses a balanced approach of mat exercises that focuses on your core muscles while utilizing every muscle in your body. You will gain strength and flexibility, improve your posture, engage your mind, reduce your stress, and create long, lean muscles without bulking up. Please bring a mat.

**9 weeks (No Class 11/25/15) Instructor: Jane McGovern, Pilates Method Alliance- Certified Pilates Teacher.**

**(1613): Wednesday: September 9-October 7, 2015 (5 weeks) from 7:00pm-8:00pm Fee: \$35**

**(1713): Wednesdays: October 21 – December 23 from 7:00 pm - 8:00 pm Fee: \$73**

**RESTORE THE CORE: St. Luke's.** This progressive mat class focuses on proper breathing technique and form and function of your core muscles , restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment. This class is appropriate for every fitness level and men and women of all ages. Modifications are cued for every exercise. Please bring yoga mat and water to class. 9 weeks. **(No class 11/27/15)**

**Instructor: Denyce Holley, AFAA Certified**

**(1715): Fridays: October 16 - December 11, 2015 from 8:45 am – 9:45 am**

**Fee: \$55 per code**

**(1716): Mondays: October 19 – December 14, 2015 from 7:00 pm - 8:00 pm**

**(1714): Tuesdays: October 20 - December 15, 2015 from 9:30 am - 10:30 am**

## **SCITUATE RECREATION GOLF PROGRAM**

**KIDS ARE BACK AT SCHOOL....TIME FOR YOU!!**

**Widow's Walk Golf Course**



**INTRODUCTORY ADULT GOLF** (Ages 18+): **Widows Walk.** Always wanted to learn? But did not have time over the summer; well this is the class for you. New this fall we are offering this introductory lesson series consists of (5) one hour sessions. Focus will be on pre-swing fundamentals, putting, and full swing mechanics.

We will also touch on golf course orientation, rules, and etiquette. The course is tailored to the beginner golfer. **5 weeks.** Student: Teacher ratio is 8:1.

**(1725): Thursdays: October 1- October 29, 2015 from 11:00 a.m. to 12:00 p.m.**


**Fee: \$85.00**

**INTERMEDIATE ADULT GOLF:** (Age 18+): **Widows Walk.** Student to teacher ratio 6:1. This intermediate lesson series consists of (5) one hour sessions, tailored to experienced golfers or students who have completed an introductory golf program. One session will be dedicated to each of the following topics: Swing fundamentals, ball flight laws, iron play, wood play, □ review. **5 weeks.**

**( ): Thursdays: October 1- October 29, 2015 from 10:00am to 11:00am**

**Fee: \$105**

**MEN'S OVER 35 BASKETBALL:** Gates Middle School Gym. Tuesday and Thursday nights, schedule

<b><u>Tuesdays</u></b>	<b><u>9/15/15 - 11/24/15</u></b> 7:00 pm -9:00 pm	<b><u>12/02/15 - 3/08/16</u></b> 7:30 pm - 9:00 pm		<b><u>3/15/16 - 5/17/16</u></b> 7:00 pm - 9:00 pm
<b><u>Thursday</u></b>	<b><u>9/17/15 - 11/19/15</u></b> 7:00 pm -9:00 pm	<b><u>12/04/15 - 3/10/16</u></b> 7:30 pm - 9:00 pm		<b><u>3/17/16 - 5/19/16</u></b> 7:00 pm - 9:00 pm
<p><b>Please note:</b> This program follows the school calendar and does not run during school vacations, holidays or on snow days. <b>FEE: \$100</b>  <b>Registration takes place at Gates Gym when you arrive.</b>  <b><u>MEN'S BBALL CHECKS PLEASE WRITE OUT TO FRIENDS OF SCITUATE RECREATION</u></b></p>				

**SAFETY PROGRAMS**  
*CLASS DESCRIPTIONS ONLINE*



**NEW**

**BASELINE CONCUSSION TESTING:** Little People Room at Scituate Recreation. Concussions in youth sports are a reality! This 1-hour session can help prepare and protect your student athlete's most important asset. Having a Baseline test in place is an invaluable tool used by doctors to determine the severity of a concussion and to provide proper treatment. The test takes approximately 35 minutes to administer. Test scores are stored on ImPACT's secure site and are password protected. Test results are provided to ImPACT Specialists if an injury is suspected. **Players must be 10 years or older. Two different time slots available.**

October 17, 2015 at (1717): 11:00 am or (1718): 12:00 pm

Fee: \$45

**BOATING SKILLS & SEAMANSHIP CERTIFICATION COURSE:**

Maritime Center on Edward Foster Rd. Instructor: Ed Gibbons  
(Former Scituate Assistant Harbormaster/ Current Scituate Police Officer)

(1719): Tuesday Nov. 3, Thursday Nov. 5 from 5:30 pm to 8:30 pm &

Saturday Nov. 7, 2015 from 9:30 am to 2:30 pm

Fee: FREE (must register)



**AMERICAN HEART ASSOCIATION HEALTHCARE PROVIDER CPR/A.E.D.**

Scituate Fire Headquarters, 149 First Parish Rd. Instructor: Mark Donovan.

(1720): Thursday, October 15, 2015 at 7:00 pm

Fee: \$65



**AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D.**

Scituate Fire Headquarters, 149 First Parish Rd. Instructor: Mark Donovan.

(1721): Tuesday, December 1, 2015 at 7:00 pm

Fee: \$60

**FIRST AID:** Scituate Fire Headquarters on 149 First Parish Rd. Instructor: Mark Donovan

(1722): Thursday, November 19, 2015 at 7:00 pm

Fee: \$60



**TOWN OF SCITUATE  
RECREATION  
DEPARTMENT**

**‘Like Us on Facebook’**



**20<sup>th</sup> Annual PJ Steverman Golf Classic**

**A benefit for the  
Friends of Scituate Recreation**  
*Will be held Friday, September 18, 2015*  
**Widow's Walk:** 1:00 pm shotgun start  
**Scituate Country Club:** 6:00 pm, Dinner,  
*Silent & Live Auction and Raffle*

*Foursome: \$500.00*

*Dinner Ticket only: \$40.00*

*Event Sponsor: \$5000.00*

*Dinner Sponsor: \$3500.00*

*Reception Hour Sponsor: \$2500.00*

*Stainless Steel Travel Mug Sponsor: \$1750.00*

*Luncheon Sponsor: \$1200.00*

*Water Sponsor: \$500.00*

*Tee Sponsor: \$175.00*

*Cart Sponsor: \$75.00*

*For more information, please call,  
781-545-8738*

**[www.PJStevermanGolf.com](http://www.PJStevermanGolf.com)**



**FIELD, BASKETBALL COURT, IN-LINE  
SKATING RINK OR BANDSTAND PERMITS:**

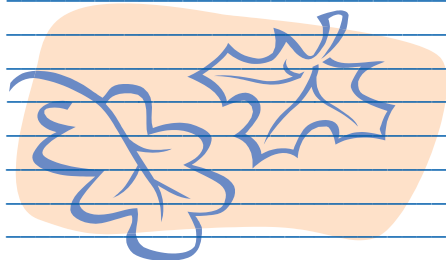
*If you are interested in using a town  
playing field, basketball court, the PJ*

*In-line Skating Rink or the Morrill  
Bandstand in Cole Parkway permits  
must be obtained through Scituate  
Recreation. Applications are available  
in the office or online at*

*[www.scituatema.gov](http://www.scituatema.gov)*

*For more information please email  
[psharry@scituatema.gov](mailto:psharry@scituatema.gov)*

**NOTES:**



\* FALL PROGRAM REGISTRATION WILL OPEN TUESDAY, SEPTEMBER 22nd, 2015 AT 7:00 PM AT  
[WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT](http://WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT)

## SCITUATE RECREATION REGISTRATION FORM

PLEASE PRINT CLEARLY

Participant Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_  
(Entering in Fall 2015)

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

**IMPORTANT! In an emergency situation, the above numbers will be called. Please provide additional Emergency Contact Information below in case we are unable to reach anyone at the above numbers.**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_ *\*different than those provided above!*

Medical Conditions (allergies, etc.): \_\_\_\_\_

Insurance Company Name: \_\_\_\_\_ Policy #: \_\_\_\_\_

*PROGRAM CODE	PROGRAM NAME	START DATE	FEE
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

Non Resident Fee - \$5.00/program \$ \_\_\_\_\_

**\*CHECKS PAYABLE TO  
THE TOWN OF SCITUATE**

**GRAND TOTAL: \$ \_\_\_\_\_**

**PLEASE CONTINUE TO OTHER SIDE**

**RELEASE MUST BE FILLED OUT AND SIGNED TO PARTICIPATE**

**THANK YOU!**

**PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT**

**(IF UNDER 18 PARENT MUST FILL OUT)**

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of \_\_\_\_\_ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and/or Public Schools of Scituate (hereinafter "the Town").

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of \_\_\_\_\_, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releasees") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of \_\_\_\_\_ voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

**I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites.** If there is a need to avoid photos of your child, you must contact [nlombardo@scituatema.gov](mailto:nlombardo@scituatema.gov) and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Signature of Parent(s) or Guardian(s): \_\_\_\_\_

Of Student/Participant Name (Printed) : \_\_\_\_\_

Date: \_\_\_\_\_

**RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT**  
**(IF OVER 18 MUST FILL OUT)**

I, \_\_\_\_\_, in consideration of my being allowed participate in \_\_\_\_\_, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Witness Signature: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**THIS FORM MAY NOT BE ALTERED**

# Don't Let A Good Program Die! Please Don't Wait Till The Last Minute To Register!

We review our registration numbers for each program 7 days prior to their start date.

If a program does not meet the minimum amount of participants required, it will be cancelled.

Please email [sburkhardt@scituatema.gov](mailto:sburkhardt@scituatema.gov) with any questions/concerns regarding registration. Thank you

PLEASE CUT OUT AND SAVE!

**Activities Sponsored by Other Organizations**

*These are independent organizations & not under Scituate Recreation*

Scituate Adult Evening School	781-545-8750
Scituate Community Christmas	<a href="http://www.scituatecommunitychristmas.com">www.scituatecommunitychristmas.com</a>
Scituate Chamber of Commerce	<a href="http://www.scituatechamber.org">www.scituatechamber.org</a>
Scituate Knights of Columbus	<a href="http://www.kofc.org">www.kofc.org</a>
Scituate Little League	<a href="http://www.scituelittleleague.org">www.scituelittleleague.org</a>
Scituate Lacrosse	<a href="http://www.scituelacrosse.com">www.scituelacrosse.com</a>
Scituate Soccer Club	<a href="http://www.scituatesoccer.com">www.scituatesoccer.com</a>
Scituate Traveling Softball	<a href="http://www.scituetravelsoftball.com">www.scituetravelsoftball.com</a>
Scituate Youth Football	<a href="http://www.scicohfootball.com">www.scicohfootball.com</a>
Scituate Youth Cheerleading	<a href="http://www.scicohfootball.com">www.scicohfootball.com</a>
Scituate Youth Travel Basketball	<a href="http://www.scituatebasketball.org">www.scituatebasketball.org</a>
Scituate Youth Center	<a href="http://www.scituateyouthcenter.com">www.scituateyouthcenter.com</a> or 781-545-6400
South Shore Senior Softball League	<a href="http://ssssl.net">ssssl.net</a>
South Shore Seahawks	<a href="http://www.southshoreseahawks.org">www.southshoreseahawks.org</a>
C.O.R.S.E. (Community of Resources for Special Education)	<a href="http://www.corsefoundation.org">www.corsefoundation.org</a>



*The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate.*

*Along with planning, organizing and executing the special events listed below we also run approximately 300 plus classes a year.*

***The Recreation Department offers the following variety of special events***

- Annual Easter Egg Hunt in April
- Mr. C's 5 And 6 Year Old Soccer Program, May-June
  - Ice Skating Rink at Widows Walk
- P.J. Steverman Golf Classic in September
  - Mr. C's Community Spirit Award
- Calls From The North Pole in December

***The Recreation Department is responsible for Lifeguard Service for the five beaches in the Town of Scituate***

- Minot Beach
- Peggotty Beach
- Egypt Beach
- Sandhills Beach
- Humarock Beach

***And Field Permitting for***

- The Sixteen Athletic Fields
  - Tennis Courts
- PJ Steverman InLine Skating Rink
- Morrill Memorial Bandstand on Cole Parkway
  - Basketball Courts at Kazlousky Park



*Scituate Lifeguard Positions  
are AVAILABLE for Summer 2016!*

**WE ARE NOW ACCEPTING  
LIFEGUARD APPLICATIONS**

*Requirements: Lifeguard/Waterfront  
Certification, & must be 16 years old*

*If you have any questions, please contact the  
Scituate Recreation Department at  
(781) 545-8738*

***PREPARE EARLY, find a Lifeguard/Waterfront  
Course over the fall or winter!***

